

# 2019-20 PCL Indoor Track Field

## Top Male Performances as of 1/12/20

<b><u>60m</u></b>	PCL 3rd	7.54	*C +.50	<b><u>1 Mile</u></b>	PCL 3rd	4 48.24	*B + .70
Dylan Vlassenko	CEC	7.27	12/14/2019	Denis Gallagher	SJP	4 33.49	1/9/2020
Jalen Hanton	LS	7.31	12/14/2019	Griffin Pumilia	LS	4 33.78	12/21/2019
Marvin Harrison JR	SJP	7.32 *C	1/9/2020	Dan Gervino	LS	4 33.78	1/9/2020
Salim Epps	SJP	7.33 *C	1/9/2020	Ethan Maher	LS	4 33.84	1/9/2020
Eric Ford	LS	7.37 *C	1/9/2020	Sean Hamilton	RC	4:33.60 *B *C	1/4/2020
Daquan Robinson	RC	7.37 *C	1/9/2020	Ryan McGinley	LS	4 36.44	1/9/2020
Sidiki Fofana	AR	7.38 *C	1/4/2020	Patrick Coyle	LS	4 39.77	1/9/2020
TJ Meachum	LS	7.38	12/14/2019	Brian McGarrity	MB	4 40.61 *B	12/21/2019
Quadir Rayfield	AR	7.39	12/14/2019	Elijah Babcock	OH	4 43.76	12/21/2019
Sahmir Hagans	SJP	7.39 *C	1/9/2020	Max Manganiello	LS	4 43.90	1/9/2020
<b><u>200m</u></b>	PCL 3rd	24.74	*B +.40	<b><u>3000m</u></b>	PCL 3rd	9 45.24	*B + .80
Salim Epps	SJP	21.85 *B	1/3/2020	Griffin Pumilia	LS	9 07.62	12/14/2019
Eric Ford	LS	22.92 *B	12/27/2019	Bradden Koors	LS	9 10.01	1/11/2020
Freddie Haynesworth	CEC	23.84	1/4/2020	Ethan Maher	LS	9 24.65	1/9/2020
Sahmir Hagans	SJP	23.89	1/9/2020	Patrick Coyle	LS	9 25.83	1/9/2020
Marvin Harrison JR	SJP	24.01	1/9/2020	Aidan Doherty	AC	9 28.31	12/21/2019
Knocer White	McD	24.01	12/21/2019	Max Manganiello	LS	9 32.83	1/9/2020
Ty Tindal	McD	24.25	12/28/2019	Ben McGrath	LS	9 35.84	12/21/2019
Rasheed Thomas	MB	24.30	1/4/2020	Drew Brill	LS	9 40.62	1/9/2020
Quadier Rayfield	AR	24.35	12/21/2019	Marcus Murphy	LS	9 41.91	12/14/2019
Dylan Vlassenko	CEC	24.47	12/21/2019	Elijah Babcock	OH	9 43.98	1/4/2020
<b><u>400m</u></b>	PCL 3rd	54.74	*B +.50	<b><u>60HH</u></b>	PCL 3rd	9.84	*C + .70
Salim Epps	SJP	48.97 *B	1/3/2020	Kyle Love	MB	8.63 *C	12/7/2019
Kendall White	McD	50.79	1/4/2020	Thomas Harper	AR	8.92	12/14/2019
Eric Ford	LS	50.41 *B	12/27/2019	Felipe Manhave	SJP	9.07	12/14/2019
Denis Gallagher	SJP	51.54	1/4/2020	Ty Tindal	McD	9.19 *C	12/21/2019
Enoobong Eka	MB	52.16	1/4/2020	Brad Cantoral	AR	9.19	12/21/2019
Tyler Boone	RC	52.36	12/14/2019	Brian Scotto	LS	9.36	1/11/2020
Raimundo Neumann	SJP	53.77	12/14/2019	Tommy Christie	LS	9.43 *C	12/27/2019
Will Faunce	LS	54.53	12/21/2019	Shane Weihe	AR	10.00 *C	1/4/2020
Othello Adjepong	McD	54.82	12/7/2019	Ryan Halloran	AW	10.27	12/28/2019
Lamar Clanton	McD	54.82	1/4/2020	Herb Quarterman	SJP	10.37	1/4/2020
<b><u>800m</u></b>	PCL 3rd	2 08.24	*B + .60	<b><u>Shot Put</u></b>	PCL 3rd	38' 6"	
Denis Gallagher	SJP	2 00.85	12/14/2019	Levi Mayer	AW	52' 6.5"	12/14/2019
Gary Martin	AW	2 03.37	12/21/2019	Chilekasi Adele	MB	51' 0.25"	1/7/2019
Elijah Babcock	OH	2 05.02	12/14/2019	Shakier Jarman	McD	46' 7.5"	1/7/2019
Othello Adjepong	McD	2 05.71	1/4/2020	James Bommentre	SJP	43'0.5"	12/21/2019
Sean Hamilton	RC	2 05.82	1/9/2020	Thomas Smith	OH	41' 9.25"	12/21/2019
Salim Epps	SJP	2 05.84	1/9/2020	Matt Zoglio	LS	38' 10"	12/21/2019
Michael Lombardi	LS	2 08.24	1/11/2020	Kyle Davis	FJ	38' 6.75"	12/30/2019
Hermes Saraci	FJ	2 11.71	1/11/2020	Matt Garvin	LS	37' 11"	1/11/2020
Liam Armstrong	FJ	2 12.05	1/4/2020	Tommy Christie	LS	37' 8.75"	12/27/2019
Nolan Krumenacker	LS	2 12.40	1/9/2020	Mateen Muhammad	FJ	37' 8"	12/17/2019

# 2019-20 PCL Indoor Track Field

## Top Male Performances as of 1/12/20

<u>Long Jump</u>	PCL 3rd	18' 8"		<u>4x200m</u>			*B + 1.60
Brendan Leneghan	SJP	21' 5.75"	12/14/2019	LaSalle College HS	LS	1 35.64	12/21/2019
Tommy Christie	LS	21' 2"	1/4/2020	Archbishop Ryan	AR	1 35.39 *B	1/4/2020
Charles Sylvester	SJP	19'1.5"	12/21/2019	Conwell-Egan	CEC	1 36.39 *B	12/30/2019
McCarthy Doe	AR	18'11.5"	1/4/2020	Roman Catholic	RC	1 37.11 *B	12/30/2019
Dameir Johnson	FJ	18' 9.25"	12/30/2019	Saint Joseph's Prep	SJP	1 39.42	1/4/2020
Kabaila James	CEC	18' 8.5"	12/30/2019	Father Judge	FJ	1 39.34 *B	12/30/2019
Cyrus Lyghts	RC	18' 5.75"	1/9/2020	Bishop McDevitt	McD	1 43.18	12/28/2019
Aaron Bittenbender	FJ	18' 5.5"	12/30/2019				
Sidney Bean	RC	18' 4.25"	1/9/2020				
Max Muller	LS	18' 2.75"	12/14/2019				

<u>Triple Jump</u>	PCL 3rd	37' 8"		<u>4x400m</u>			*B + 2.0
Damier Johnson	FJ	44' 1.5"	12/14/2019	Bishop McDevitt	McD	3 29.73 *B	1/11/2020
Kyle Love	MB	41' 2.25"	12/7/2019	Monsignor Bonner	MB	3 37.60	1/4/2020
Isaiah Perez	McD	37' 8"	1/11/2020	Saint Joe's Prep	SJP	3 45.06	1/4/2020
Michael Clark	SJP	34' 0.25"	1/9/2020	Father Judge	FJ	3 44.23 *B	12/30/2019
Matthew McCabe	SJP	33' 5"	12/14/2019	Roman Catholic	RC	3 46.42 *B	12/21/2019
				Archbishop Ryan	AR	3 47.13 *B	1/4/2020
				LaSalle College HS	LS	3 49.61	1/9/2020

<u>High Jump</u>	PCL 3rd	5' 6"		<u>4x800m</u>			B + 2.40
Tommy Christie	LS	6' 3"	12/14/2019	LaSalle College HS	LS	8 26.62	1/11/2020
Michael Niemann	LC	6' 2"	12/21/2019	Saint Joe's Prep	SJP	3 32.02	1/11/2020
John Villano	LS	5' 6"	1/4/2020	Bishop McDevitt	McD	8 41.62	12/28/2019
Ethan Pennington	SJP	5' 4"	12/14/2019	Father Judge	FJ	8 44.06 *B	12/30/2019
David Piotrowski	AW	5' 4"	1/4/2020				
Ryan Halloran	AW	5' 4"	12/28/2019				

<u>Pole Vault</u>	PCL 3rd	9' 6"		<u>DMR</u>			*B + 2.50
Sean Marvel	AR	12' 0"	12/14/2019	Saint Joe's Prep	SJP	11 15.13	12/7/2019
Charles Sylvester	SJP	11' 6"	1/4/2020	Archbishop Wood	AW	11 25.02	12/14/2019
Michael Brown	LS	9' 6"	1/4/2020	LaSalle College HS	LS	11 27.42	12/21/2019
Tejan Sesay	FJ	9' 0"	1/3/2020	Roman Catholic	RC	11 31.73 *B	12/30/2019
Matthew McCabe	SJP	9' 0"	12/21/2019	Father Judge	FJ	11 38.04	1/4/2020
John McGill	AR	9' 0"	12/21/2019	Archbishop Ryan	AR	11 42.90	12/21/2019
Anthony Knuttel	FJ	8' 0"	1/3/2020	Monsignor Bonner	MB	11 48.21	1/4/2020
Jaden DeSarden	FJ	8' 0"	1/3/2020				
Brendan Hutz	FJ	7' 0"	1/3/2020				

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20



2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20

2019-20 PCL Indoor Track Field  
Top Male Performances as of 1/12/20